



STAY ACTIVE TO HELP PREVENT OR MANAGE TYPE 2 DIABETES

Get the exercise you need with SilverSneakers, a benefit included with many Medicare Advantage plans and select Medicare Supplement plans.

If you're among the 14.3 million Americans over age 65 with diabetes, or 24.2 million with prediabetes,¹ your doctor may have recommended additional exercise to manage or prevent diabetes. As the leading fitness program for seniors, SilverSneakers® can help.

Being more active is proven to support:¹

- weight loss, if needed
- controlling blood sugar levels and blood pressure
- lowering the risks of heart disease and nerve damage

SilverSneakers may give you the power to take control of your health. If your health plan includes this benefit, you have access to:

- thousands of participating locations nationwide, including basic amenities²
- classes for all fitness levels³ with instructors trained in senior fitness
- SilverSneakers LIVE virtual classes and workshops throughout the week
- SilverSneakers On-Demand workout videos available 24/7, including a health and nutrition tips
- the SilverSneakers GO app with stability workout plans and more

Find out if you have SilverSneakers.
[SilverSneakers.com/Check](https://www.silversneakers.com/Check)



Stay active with SilverSneakers.

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1-888-423-4632 (TTY: 711) Monday – Friday, 8 a.m. – 8 p.m. ET

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SilverSneakers allows me to be a member of a gym and work out. Staying healthy and watching my weight motivates me because I have a family history of diabetes. If you are considering joining SilverSneakers, just do it.⁴

– Tanya, SilverSneakers member

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Always talk with your doctor before starting an exercise program.

1. [cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf](https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf)
2. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
4. Results vary. Not all participants will achieve these results or benefits.